



WAYS TO BASK IN THE

Spark OF October

SLOW DOWN. LOOK AROUND. BE AMAZED. 



BE PRESENT WITH YOUR SENSES

October invites us to slow down and notice the beauty in everyday moments.

-  Step outside for 10 minutes and breathe the crisp air.
-  Notice the changing leaves, sounds, and smells of fall.
-  Find one small moment of beauty and let it anchor your day.



RESET YOUR RHYTHM

October is a great time to let go of what no longer serves you and create space for peace and productivity.

-  Choose one habit to release and one new habit to support your well-being.
-  Plan your week with intention, including rest, joy and time in nature.
-  Declutter one space to create a calmer environment.



NOURISH YOURSELF MIND, BODY & SPIRIT

Cooler days and cozy nights are a reminder to care for yourself with intention.

-  Move your body in a way that feels good (walk, stretch, or gentle yoga).
-  Enjoy nourishing seasonal foods and warm drinks.
-  Get more rest and honor what your body needs.



FIND BEAUTY IN CHANGE

October reminds us that change can be beautiful and creates space for new growth.

-  Notice the vibrant colors and the beauty in letting go.
-  Reflect on what you want to release, invite or grow.
-  Connect with nature, loved ones or a peaceful solo moment.



Awe is all around you. 

BE PRESENT. BE OPEN. BE INSPIRED.

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